



POSITIVE



Healthy @ Home





INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



**Monday
APRIL 13**

- Call, text or email 3 friends or teammates. **Here are some things** you can ask!
- Complete **this workout** by SO Sarnia's powerlifting coach, Lindsay. All you need is a chair and two cans for weights!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD



**Tuesday
APRIL 14**

- Drink at least 5 sports bottles or 8 glasses of water - this is something you should do everyday!
- Complete the Level 4 of the Fit 5 Fitness Videos: **Endurance Flexibility Strength**

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

**Wednesday
APRIL 15**

- Join our **Facebook Live** at 8pm designed to help you cope with stress!
- Try learning **this dance** inspired by Frozen 2

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

**Thursday
APRIL 16**




- Make an easy and healthy recipe and share it on social media! **Find some ideas here!**
- Thanks to our friends at Toronto FC for introducing **today's workout** - 15 tricep dips, 15 second side plank, 15 crunches - 3 times each!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD


HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:



**Friday
APRIL 17**




- Connect with your coach - send a text, call or email to ask how they're doing!
- Complete the Level 5 of the Fit 5 Fitness Videos: **Endurance Flexibility Strength**

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

**Saturday
APRIL 18**

- Write down 3 things that you love that make you smile!
- New to fitness? Try out **this simple routine!**

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

**Sunday
APRIL 19**




- Eat a meal with healthy vegetables. We like **this stir fry recipe!**
- Wind down your weekend with **this beginner yoga class** designed for Special Olympics athletes!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

WHAT'S ON THIS WEEK?

WEDNESDAY
Wellness Wednesday
Special Olympics Ontario
Facebook Live @ 8:00PM

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

[Click here to view the Virtual Calendar!](#)

Share how YOU are staying healthy!
#SOHealthyAtHome

For more resources and tools to help you stay Healthy @ Home, visit:
SOHealthyAtHome.ca



CONNECTED



ACTIVE